

October 2013 Lunch Menu

Mon	Tue	Wed	Thurs	Fri
	1 MEATBALL SANDWICH	2 CHICKEN STEW	3 BEEF TORTELLINI	4 JUMBO HOT DOG W/ PORK & BEANS
7 SWEDISH MEATBALLS	8 PENNE PASTA W/ ITALIAN SAUSAGE	9 BAKED CHICKEN	10 BEEF ENCHILADAS	11 SPANISH RICE AND CHICKEN
14 SPAGHETTI AND MEATBALLS	15 CHICKEN CAESAR SANDWICH	16 PORK SPARE RIB W/ BBQ SAUCE	17 BEEF LASAGNA	18 TUNA SANDWICH
21 LYDIA'S CHICKEN PARMESAN	22 LYDIA'S FRITTATA	23 LYDIA'S POT ROAST WITH VEGETABLES	24 LYDIA'S CHICKEN WITH BBQ SAUCE	25 LYDIA'S TURKEY SANDWICH
28 KFC	29 HALLOWEEN MEATLOAF W/ SCALLOPED POTATOES	30 TURKEY STUFFED BELL PEPPER	31 PANKO CRUSTED TILAPIA	MON & WEDS. "BOB GUTIERREZ BAND" 10:45-NOON TUES. - DJ JOE SHELDON THURS. - VINCE MANTIA W/ HIS ACCORDION

Meals and Salads are served Monday through Friday at noon for a suggested donation of \$3.00 for registered guests who are 60+ years old and their spouses, and \$5.50 for non-registered guests under 60. Please see the receptionist to register. Each lunch includes everything needed to provide you with a nutritionally balanced and delicious meal. The program is funded in part by the Area Agency on Aging. This menu is subject to change.

Try Our Daily Bus Service!

For those who would rather leave the driving to someone else, we offer weekday daily door-to-door bus service for San Bruno residents. We will pick you up in the morning and drop you off in the afternoon for a suggested donation of only \$1 each way. Our 23 passenger bus is equipped with room for wheel-chairs and a ramp for easy travel. Our dedicated drivers let you relax and enjoy the ride. For more information or to schedule a pickup call 650.616.7150

The San Bruno Senior Center Newsletter

October 2013



Italian Festival Monday, October 14 10:30 am -1 pm

Dancing to the Bob Gutierrez Band followed by strolling accordion music with Ron Borelli. Spaghetti & Meatballs for lunch
Suggested Donation: \$5 in advance; \$6.50 at the Door.
ZUMBA begins at 9 am today

Halloween Dance Party Tuesday, October 29 10:30 am -1 pm

Dress Up, Dance, Eat. Join "Have A Party Pros" for a great time.
Suggested Donation: \$5 in advance; \$6.50 at the Door.

Flu Shot Clinic by Sutter Care Thursday, October 10 10:30 -11:30 am

Flu Shots: \$25; Medicare billing available for non-HMO seniors (65+). Bring your Medicare card. The pneumonia vaccine is \$70.

AARP Sponsored Driver Safety Class Thurs & Fri, October 24 & 25 8:30 am -12:30 pm

\$12 for AARP Members; \$14 for Non Members. *Pre-register at the Front Desk*

Senior Citizens Advisory Board

Bill Goff, Chair	Karen Hornung
Dorothy Carmichael	Ken Kreisel
Ellen Donnelly	Barbara Luzaich
Elisa Gerald	
Flori Green	

Arthritis Foundation Walk with Ease Mons, Tues & Thurs Starting October 1

at 10:30 am Join Kathy Schmidt for this class for people with or without arthritis who want to make walking a regular habit. \$45 for 18 classes or \$5 drop in fee

Musical Theatre Classes

Mondays, October 7 & 14 1:30 - 3 pm

Join Jan Downing for singing, acting & performing Broadway's best \$5 per class

Free Computer Demonstrations

Thursdays, October 10 & 17 1-3 pm

10/10: Windows 8: 10/17: Microsoft Works

Got Drugs?



Prescription Drug Take-Back Day

**Friday, October 25
8 am - 2 pm**

Turn in your unused or expired medication for safe disposal,

Senior Center Staff

John Alita

Assistant Community
Services Director
650.616.7017

Mary Tessier

Recreation Services
Supervisor: Recreation
Programs
650.616.7152

Gloria Deeter

Recreation Services
Supervisor: Nutrition
Program
650.616.7154

Susan Mrsny

Recreation Services
Supervisor: Information
& Referral Program
650.616.7155

Wendy Mines

San Bruno Non-Profit
Nutrition Site Council
650.616.7151



San Bruno Senior Center
1555 Crystal Springs Road
San Bruno, CA 94066
650.616.7150

www.sanbruno.ca.gov
Open Monday-Friday
8 am-4 pm

October 2013 Activities

Sun	Mon	Tue	Wed	Thu	Fri
Computer Club M-F: 1-3 pm: Supervised computer time for members	Drop-In Activities Billiards, Puzzle, Cards, Friday Afternoon Bridge	1 10:30 Walk with Ease 11:30 Bocce	2 8:15 Hike 9:00 Horseshoes 10:00 Healthier Living with Chronic Conditions Class 1:10 BINGO	3 9:30 Softball at Lion's Field 10:30 Walk with Ease 12:30 Pedro Tournament	4 8:15 Hike 9:00 Bocce 9:30 Movie: "42" 1:10 BINGO 1:30 Ping Pong
6 1:00-4:00 Western Line Danc- ing \$5	7 8:15 Hike 9:00 Bocce 10:30 Walk with Ease 1:10 BINGO 1:30 Musical Theatre Class	8 9:30 Blood Pressure & Glucose Testing 10:30 Walk with Ease 11:30 Bocce Playoffs	9 8:15 Hike 9:00 Horseshoes 10:00 Eyeglass/ Hearing aid repair 10:00 Chronic Conditions Class 1:10 BIG BINGO	10 9:30 Softball 10:30 Flu Shots 10:30 Walk w Ease 12:30 Pedro 1:00 Windows 8 Demo 5:00 BINGO	11 8:15 Hike 9:00 Bocce 1:10 BINGO 1:30 Ping Pong
13	14 8:15 Hike 9:00 Bocce 10:30 Walk w Ease 10:30 Italian Festival 1:10 BINGO	15 10:30 Walk with Ease 6:00 pm Birthday Dinner at Garden Club in SSF. \$20	16 8:15 Hike 9:00 Horseshoes 10:00 Chronic Conditions Class 1:10 BINGO	17 9:30 Softball 10:30 Walk w Ease 12:30 Pedro 1:00 Microsoft Works Demo 5:00 BINGO	18 8:15 Hike 9:00 Bocce 1:10 BINGO 1:30 Ping Pong
20 1:00-3:30 Ballroom Dance with live music! \$5	21 8:15 Hike 9:00 Bocce Playoffs 10:30 Walk with Ease 1:10 BINGO	22 10:30 Walk with Ease	23 8:15 Hike 10:00 Healthier Living with Chronic Conditions Class 1:10 BINGO	24 8:30 Driver Safety Class 9:30 Softball at Lion's Field 10:30 Walk w Ease 12:30 Pedro Tournament 5:00 BINGO	25 8-2 Med Drop-off 8:30 Driver Safety 9:00 Bocce Playoffs 9:30 Blood Pressure & Glucose Testing 11:00 Sing-Along 1:10 BIG BINGO 1:30 Ping Pong
27 1:00-3:30 Ballroom Dance \$5	28 8:15 Hike 10:30 Walk with Ease 1:10 BINGO	29 10:30 Halloween Party	30 8:15 Hike 9:00 Fall Horseshoe League Begins 10:00 Chronic Conditions Class 1:10 BINGO	31 9:30 Softball at Lion's Field 12:30 Pedro Tournament 5:00 BINGO	

Services and Resources

CALL 211- Confidential information on a variety of social Services.	Just dial 211
County Adult Protective Services/Meals on Wheels/Redi-Wheels	1.800.675.8437
Health Insurance Counseling and Advocacy (HICAP)	1.800.434-0222
Year Round Home Repairs	650.366-6597
HIP Housing Homesharing/Housemate finding service	650.348.6660
Family Services Agency Employment Opportunities	650.403.4300 ext 4369

October 2013 Classes

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9:30 Ceramics 9:30 Zumba Gold \$4/\$5 12:20 Int. Tap 1:20 Beg Tap \$4/4.50 1:00 Famous Faces and Places \$6 3:30 Gentle Pilates 4:30 Yoga 3:00-5:00 Karaoke \$5/\$6	9:00 Fun & Fitness Exercise \$3/\$3.50 10:00 Spanish 10:30 Walk with Ease (instead of Sit & Workout) \$5 12:30 Beginner Line Dance \$3/\$3.50 1:00 Ukulele lessons \$2/\$2.50 2:00 Ballroom Dance \$2/\$2.50	9:00 Advanced line dance \$3/\$3.50 9:30 Stained Glass \$5 per month Western Line Dance 12:30 Beginner review 1:00 Advanced beginner 2:00 Intermediate \$3/\$3.50 1:00 Current Events 3:15 Tai Chi \$4/\$4.50 4:30 Qi Gong	9:00 Fun & Fitness Exercise \$3/\$3.50 10:00 Creative Writing 10:00 Yoga 12:30 Oil and Acrylic Painting 1:00 Ballroom Line Dancing (no partner required) \$3/\$3.50	9:00 Advanced Tap \$4/4.50 9:30 Knitting 10:00 Zumba Gold \$4/\$5 1:00 Gardening Group
Classes in bold are sponsored by San Mateo Adult School	Fees: Age 65+: \$37 per session, with the exception of Painting & Ceramics, which are \$60 per session.	Age 50-64: \$57 per class per 16-week session and \$80 for Painting & Ceramics.	Visit www.smace.org/ registration.html to print a registration form or call (650) 558-2100	

Movie: Friday, October 4th at 9:30 am: "42": This story tells the story of the great Jackie Robinson and General Manager Branch Rickey whose brave stance against prejudice forever changed the world by changing the game of baseball.

Coming in November: November 22nd: Thanksgiving Party

Trips

Casino Day Trips:

Red Hawk - Tuesday
Oct 8 \$36 Depart 8am

No Nov. or Dec. Trips
Escort: Barbara Luzaich
650-583 6745.

Shows and Tours:

A Day at the Races
Golden Gate Fields -
WAIT LIST Friday Nov. 1st
10:00 am
Beach Blanket Babylon -
WAIT LIST Call Dorothy
Sunday Dec. 1st

New Year's 2014

Dec. 29, 2013 - Jan. 2,
2014 5 day, 4 night trip
to Palm Springs & the
final New Year's perfor-
mance of the Palm
Springs Follies. \$1181
Double or \$1521 Single

The Peking Acrobats
Sunday Jan. 26, 2014
Buffet brunch followed
by an amazing show at
Zellerbach Hall in
Berkeley. \$133

Escort: Dorothy Carmi-
chael 650-588-8375.

All these trips leave from
Magnolia & Library in
Millbrae behind Kohl's
Pastorino's Pumpkin
Farm plus a few surprise
stops in Half Moon Bay
Tuesday Oct 15 \$15 In-
cludes coffee, a slice of
pumpkin pie, hay ride &
a pumpkin. Depart from
Senior Center Lobby at
1:30 pm. Return at 5 pm

Escort: Mary Tessier 650-
616-7150

Reno Overnight: "Ice
Fantasy": **WAIT LIST**
Sun. & Mon. Dec. 8-9
Escort: June Wydler
650-355-1748.

Cruises:

15 Night Panama Canal
Cruise Departs SF on
Sept 27, 2014 & ends in
Fort Lauderdale. Con-
tact Marilyn Levene for
more info 650-878-8551